

## NON-MANIC BIPOLAR DISORDER IN PRIMARY CARE: BP II

### STATEMENT OF NEED

Primary care providers frequently see patients whose depression does not respond to routine antidepressant approaches or who repeatedly relapse despite treatment. Recent data indicate that a high percentage of these patients may have a version of bipolar disorder that does not manifest full "manic" symptoms. Bipolar II is technically defined as episodes of *hypomania* and episodes of severe depression. However, many variations clearly occur, including mixtures of depression with a variety of "high energy states" that do not appear euphoric, grandiose, or delusional as in classic mania. This presentation focuses on the diagnosis of bipolar II, rapid screening for this condition in primary care settings, and accessing guidelines for treatment when referral to psychiatry is difficult.

### LEARNING OBJECTIVES

Upon completion of this activity, the participant should be able to:

- Explain the new research related to non-manic variations of bipolar disorder.
- Discuss the implications of this new research for antidepressant prescriptions, especially in a primary care setting.
- Describe use of a rapid screening tool for bipolar disorder in the primary care setting.
- Identify Internet resources for patient education about bipolar II and for treatment when unable to refer to a psychiatrist.

### TARGET AUDIENCE

Physicians, Pharmacists and Nurses

### CE CREDIT INSTRUCTIONS AND ACCREDITATION INFORMATION

Successful completion of this CE activity (EDA #556-0036 – HSTN 290-0124) includes the following:

- View the video presentation and review the syllabus.
- Complete the appropriate CE application and activity evaluation form. Excluding physicians, participants must complete the post-test.
- Submit forms to the site coordinator for processing.

Participants will receive a CE statement of credit within 4 weeks following receipt of the CE application and activity evaluation form. There is no fee for participating in this activity.

**PHYSICIANS:** PRIMEDIA Healthcare, a division of PRIMEDIA Workplace Learning, is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians. PRIMEDIA Healthcare designates this educational activity for a maximum of 1.0 hour(s) in Category 1 credit toward the AMA Physician's Recognition Award. Each physician should claim only those hours of credit that he/she actually spent in the educational activity. This CME activity was planned and produced in accordance with the ACCME Essentials.

**NURSES:** This activity for 1.2 contact hour(s) is provided by PRIMEDIA Healthcare, a division of PRIMEDIA Workplace Learning, which is accredited as a provider of continuing education in nursing by the American Nurses Credentialing Center's Commission on Accreditation. Accreditation by the American Nurses Credentialing Center's Commission on Accreditation refers to recognition of educational activities and does not imply approval or endorsement of any product.



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CPE Credit: 1.0 contact hour or 0.10 CEUs  
Universal Program Number: 775-999-03-001-H01 (videotape)

Viewing location for this live presentation:

\*Additional dates for viewing the recorded activity:

Date: \_\_\_\_\_ Time(s): \_\_\_\_\_ Location: \_\_\_\_\_

Date: \_\_\_\_\_ Time(s): \_\_\_\_\_ Location: \_\_\_\_\_

**WEDNESDAY,  
SEPTEMBER 3, 2003**

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\* This program previously aired on the  
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